

J-LAW'S DATING A NEW BRITISH GUY

THIS IS ONE MATCH NO ONE SAW COMING. PAGE 12



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Monday, August 18, 2014 www.metro.us | t: MetroNewYork | f: MetroNewYork

'Poor door' battle heats up city housing debate

Development. A groundswell is forming to ban the use of so-called "poor doors," which are entrances to new residential buildings meant for those living in affordable housing units rather than paying full market rate. PAGE 02

Feds order new autopsy for Ferguson teen

PAGE 09



The attorney general's order came after a man was shot despite a curfew. Rev. Al Sharpton marched in a protest in Ferguson on Sunday after standing with Eric Garner's family on Saturday as they equated what happened to him and Michael Brown. / GETTY IMAGES

Don't let your 'rents hover: It's college!

PAGE 10

Kelsey Grammer shows his tough side

PAGES 14-15

Air travel and Ebola: Is the US at risk?

PAGE 17

Jets, Giants still have plenty to work on

PAGE 20

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1 NEWS

Today's tweet

"New York's charm is you're surrounded by things you can't have. New York's charm is making you think you can have them."

@EricMSales

Top 3

What's trending online at Metro.us

1 VIDEO: Muppets jam to Beastie Boy's 'What'cha Want' in hilarious mash-up'

2 WNBA stars Brittney Griner, Glory Johnson get engaged'

3 'See Jennifer Lawrence and Alison Brie in a pilot from 2007'

Tempers flare up in 'poor door' fight

Manhattan.

Critics call offering separate doors for market rate and affordable housing classist.

The revelation that a luxury apartment building on the Upper West Side was approved last month to include separate doors for its market-rate residents and affordable housing tenants has touched a nerve in a city squeezed by high rents.

Extell Development's project at 40 Riverside Dr. isn't the first to include a so-called "poor door" or exclude some residents from amenities, but it is the latest example of a pattern that critics say treats lower-income tenants as second-class citizens.

New York City Council Member Jumaane Williams and Assemblymember Linda Rosenthal created an online petition calling on Mayor Bill de Blasio to "end affordable housing discrimination."

As of Sunday, the petition had nearly 3,000 signatures, with one signer calling the existence of poor doors "a form of government-sanctioned racism and classism."

"Taxpayer money is being used to subsidize segregationist housing policies," Williams and Rosenthal wrote in the Change.org petition.

Poor doors are the le-



The "poor door" at Northside Piers separates affordable housing tenants from people who pay market rate. / BESS ADLER, METRO



Visit **Metro.us** to read more about rentals and real estate in New York.

Where it comes from

The poor door springs from a program to offer incentives to market-rate developers to include affordable housing units in return for a zoning bonus which, for example, might allow them to build higher than would otherwise be allowed.

gal but unintended consequence of text in the zoning code aimed at requiring developers to intersperse affordable housing units with market-rate units in the same building.

Another project that has drawn public ire since it was completed in 2007 is Northside Piers, a condominium development in Williamsburg. Just behind the towering building is 20 North Fifth, its affordable counterpart which lacks a doorman and has a noticeably less gleaming lobby.

While the buildings share a block and a developer, Northside Piers has a number of amenities, including a gym and a pool, that affordable housing tenants lack.

A longtime tenant of 20 North Fifth, who requested

not to be identified, said his family lucked out when they landed their apartment, for which they pay \$900 a month.

"My wife hit the lottery with this place," he said. "Top floor, we have a view of everything."

Toll Brothers City Living Division, the development company, could not be reached for comment.

It is likely the city will see more projects like this before the law can be changed, City Hall spokesman Wiley Norvell said, noting that it's too late to do anything about 40 Riverside Dr. The process of changing the zoning law is expected to take a year.

EMILY JOHNSON
@MetroNewYork
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Staten Island

Garner family honors Brown ahead of rally

The family of Staten Island man Eric Garner stood alongside Rev. Al Sharpton this weekend to urge peace in the face of protests both in New York and in Missouri.

Garner's mother Gwen Carr reminded the crowd at the Harlem gathering on Saturday to join the caravan on Aug. 23 across the Verrazano Bridge to the site where her son died while under police custody for allegedly selling loose, untaxed cigarettes.

Moments earlier, Sharpton roused the crowd with harsh words toward the policing tactics that he argued led to the deaths of Garner in Staten Island and 18-year-old Michael Brown in Ferguson, Missouri.

Authorities have reportedly linked Brown as a suspect to a shopping incident immediately before an officer allegedly shot him.

"It's not only for my son. It's for Michael Brown," Carr said.

Sharpton flew to Ferguson on Sunday so that he could attend a rally with Brown's family.

CHESTER JESUS SORIA



Esaw Garner, Eric Garner's wife, with Rev. Al Sharpton
GETTY IMAGES

Harlem

Two killed in drive-by shooting

Two men were killed on Sunday after investigators said an unknown suspect fired at them in a drive-by shooting in Hamilton Heights.

Police reported to the scene at 3661 Broadway in Manhattan at 2:53 a.m. on Sunday to find the two victims bleed-

ing in front of a 24-hour corner deli.

Bronx resident Francisco Mercedez, 29, was found suffering from a shot to his back.

Kenny Jimenez, 21, was unconscious and unresponsive on the ground with a gunshot wound to his neck.

No arrests have been made, and authorities said the case is considered ongoing.

CHESTER JESUS SORIA



The knife / NYPD

Bronx. Police shoot at man armed with knife

Officers shot and wounded a man who was attacking a female in a Bronx building lobby on Sunday morning.

Police said two officers responding to a building saw the suspect, whose name was not released as of Sunday, attempting to attack a woman with a butcher knife.

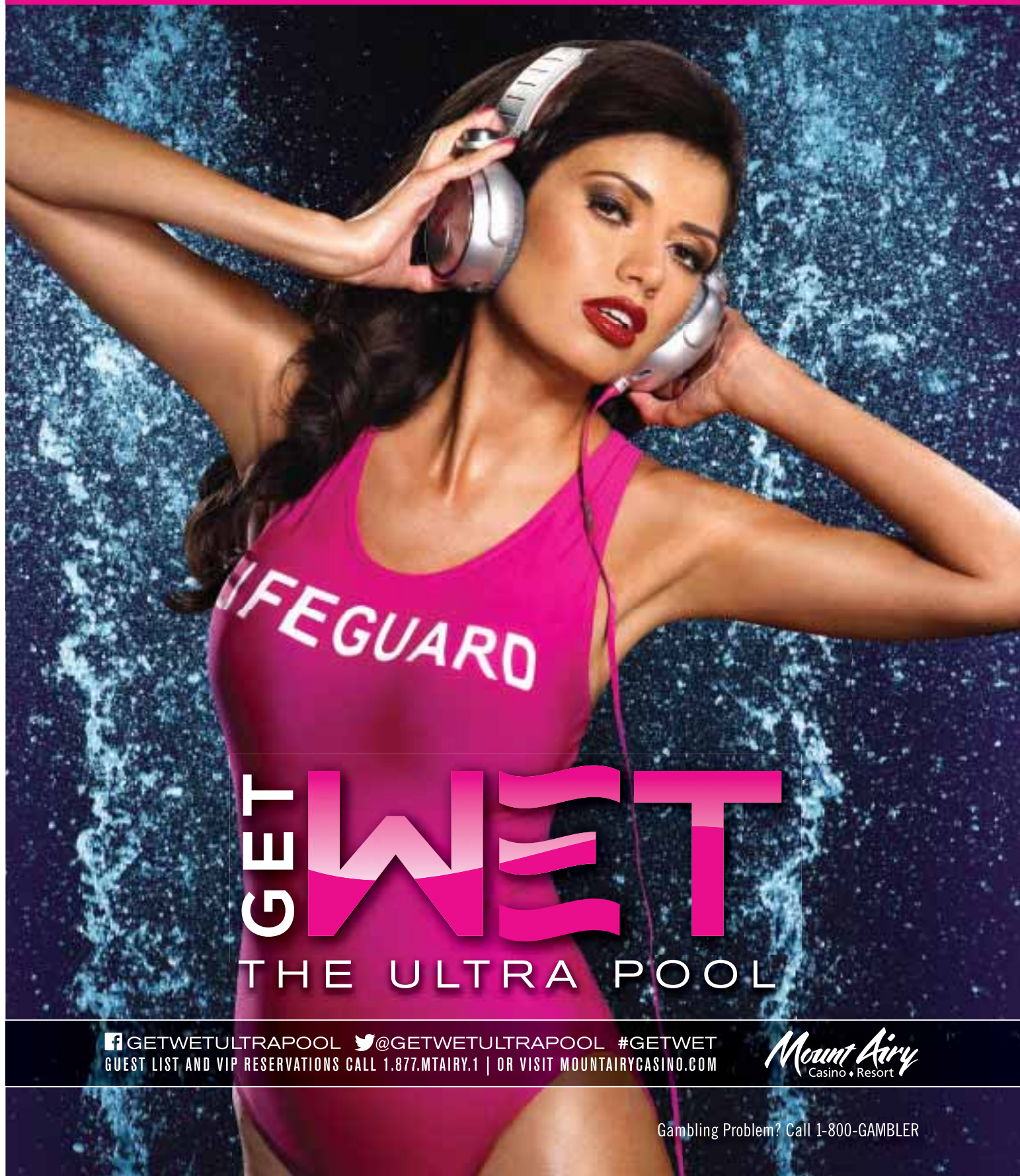
Cops arrived to the building at 3:51 a.m. to

find the 34-year-old suspect exiting the stairwell and chasing after the victim with the blade.

Authorities said they ordered the man to drop the knife, which he refused to do as he pursued the 32-year-old woman.

That's when the officers drew their guns and shot the man once in the torso. CHESTER JESUS SORIA

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Grand Central

Drunk straphanger stabs three

A drunken commuter stabbed and wounded three men as he got off a subway train arriving at Grand Central Terminal early on Saturday, cops said.

Ivan DeLeon, 38, got into a dispute after a bumping into a child that was with the three men who were trying to board an uptown 6 train, Annette Markowski, a New York Police Department spokeswoman, said.

DeLeon was belligerent and appeared to be drunk, Markowski said.

The argument escalated on the subway platform as DeLeon slashed and stabbed at the three men with a folding knife, wounding one in his arm, another in his stomach and the third in his chest, Markowski said.

REUTERS

NYC. Poorly trimmed trees costs city \$14M

Money doesn't grow on trees, but a new report shows the city spends far more to settle lawsuits related to fallen branches than it does on pruning city trees.

An audit by Comptroller Scott Stringer of the Parks Department found that more the city has been billed more than \$714,000 by contractors who were hired to take care of some 650,000 street trees citywide between 2011 and 2015.

Meanwhile, the city spent \$14 million in 2013 to settle claims against the city for injuries caused by falling tree branches.

"I don't have to go out on a limb to tell you that our city's performance is unacceptable," Stringer said on Sunday. "Tax dollars are wasted, property is damaged and, worst of all, people are sometimes injured or killed." **CHESTER JESUS SORIA**



Fallen tree / GETTY IMAGES

Report findings

The audit found that Manhattan and Staten Island failed to give contractors adequate lists of trees that required pruning and lacked record keeping of trees evaluated by the hired hands.

- Meanwhile, Queens did well enough to be considered "a model" by the comptroller.

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Jeremiah Moss is the award-winning author of the blog "Jeremiah's Vanishing New York." His writing on the city has appeared in many publications, including The New York Times, and online at The New Yorker.



An eatery built on respect — and food

"Is this your first time here?" she asks from the kitchen, her hands over a basin of milky water where she's pulling mozzarella. I nod. "You like mozzarella? Come. Taste." She rips off a hunk of the soft cheese and thrusts it toward me. The cheese is warm, silky and delicious. "Chew it good," she says.

This is my introduction to Irene DeBenedittis of Leo's Laticini, also known as Mama's of Corona. Irene makes

the mozzarella and her sister Marie does the cooking. "I don't use recipes," says Marie. "I just go on instinct."

Together, chattering in unison, the sisters take me on a tour of the food store, opened in the 1930s on 104th Street in Queens. By hanging garlands of salami and bunches of garlic, they show off photos of Mama with



mayors and Mets players. When their mother, Nancy, passed away in 2009 at the age of 90, "Mama" was so beloved, the city named the street and a school after her.

Irene ushers me to a table so I can eat the Mama's Special sandwich she has made. "Just have half," she says. "Leave room for cannoli."

We talk about how the city's roots are vanishing, Little Italy is disappearing and Williamsburg isn't Williamsburg anymore. Irene says, "The thing that Mama instilled in our brain was that the neighborhood changes. You can't stop it. But as long as people respect each other, it'll all work out. Now, don't forget the cannoli."

JEREMIAH MOSS

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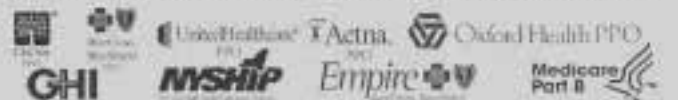
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Photo challenge. Metro joins UN's call to action on climate change

As the United Nations prepares for next month's Climate Summit at the U.N. Headquarters in NYC, Metro announces it has entered a global partnership with the peacekeeping organization on the issue of climate change.

On Sept. 23, the day the summit opens, Metro International will launch its 10th edition of Metro Photo Challenge, the world's largest photography competition.

It will be widely promoted to the 18 million daily readers of the newspaper in 24 countries, as well as by the U.N.'s global network of information offices. The photography contest is open to everyone everywhere and will carry the theme "My Green City," chosen with the UN Climate Change team.

Details of the 2014 Metro Photo Challenge's theme, categories and grand prize will be announced on the day of the launch on Sept. 23.



The 2014 MPC winner was Dominika Wypych. /METRO

Quoted

"We are excited to partner with United Nations Climate Summit for this year's Metro Photo Challenge."

Wilf Maunoir
director of Marketing for Metro US

Afsane Bassir-Pour, director of the U.N. Regional Information Center in Brussels, said Metro's involvement signifies a global willingness to change.

"To quote U.N. Secretary-General Ban Ki-

moon, 'Climate change is not a far-off problem, it is happening now, with real consequences,'" Bassir-Pour said. "But, adds the secretary-general, 'Change is in the air.' And Metro International's decision to dedicate the 10th Metro Photo Challenge to the climate is another sign of this change."

Wilf Maunoir, director of marketing for Metro US, said he is excited to partner with the U.N..

"This year's challenge will allow Metro readers to express their photographic talent while reaffirming their green commitment."

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Federal autopsy ordered for teen killed by cop in Missouri

Examination. The AG called for the autopsy due to the “extraordinary circumstances” of the case.

U.S. Attorney General Eric Holder ordered a federal autopsy of a teenager shot dead by a police officer in Ferguson, Missouri, seeking to assure the family and community there will be a thorough investigation into a death that has sparked days of racially charged protests.

Eighteen-year-old Michael Brown, who was black, was shot by white police officer Darren Wilson on Aug. 9. The police department in the St. Louis suburb has come under strong criticism for both the death of an unarmed



Protesters marched and people attended church services in Ferguson, Missouri, on Sunday. / GETTY IMAGES

Governor

Curfew helping to maintain peace, Gov. says

Missouri Gov. Jay Nixon said a curfew in Ferguson imposed after days of pro-

test following the killing of an unarmed African-American teenager by a white policeman had helped maintain peace.

Asked on CNN's program "State of the Union" on Sunday how long the

curfew in the St. Louis suburb would continue, Nixon said the duration would be "judged by the community." The governor imposed the five-hour night curfew on Saturday.

REUTERS

man and its handling of the aftermath.

Seven protesters were arrested early on Sunday after Gov. Jay Nixon imposed a curfew aimed at quelling protests and looting. Police used smoke and teargas to disperse the crowd, a State Highway Patrol spokesman said. A person was also shot and critically wounded during the night.

Patrol Captain Ron Johnson, entrusted by the governor with restoring order, told hundreds of people gathered at a local church for a rally that he was committed to protecting their right to protest.

"I'm sorry," Johnson, who is black, told Brown's family during remarks that prompted repeated standing ovations. "My heart is heavy."

The rally was led by civil rights activist Al Sharpton. REUTERS

Amish abduction

Abducted Amish girls were sexually abused: NYT

Two Amish sisters, whose abduction led to a frantic search in northern New York, were sexually abused by their captors, the New York Times reported.

The girls, ages 12 and 7, were kidnapped on Wednesday from a family farm stand some 10 miles from New York's border with Canada.

They were released Thursday. Police have charged two suspects, Stephen Howells II, 39, and Nicole Vaisey, 25, with two counts each of first-degree kidnapping.

In remarks to the New York Times late on Saturday, St. Lawrence County District Attorney Mary Rain said the girls had suffered sexual abuse during their captivity at Howells' home in Hermon, New York. She did not elaborate.

REUTERS

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It can be hard to study when your parents are checking up on you all of the time. / DIGITAL VISION

Students' guide to independence

Campus life.

Setting boundaries with your family is key to happiness.

College is a time of exploration and independence — or it would be if many of this generation's helicopter parents would let it be.

Generations ago, a weekly phone call or email was enough for most families. But in this age of smartphones, parents expect their kids to be reachable at all times.

Here's what can you do to stay close with your parents while still having your space:

Set a schedule

Before you head off to school, sit down with your family and propose a time for a weekly phone or Skype date. That way, they'll know to expect to hear

from you at, say, 7 p.m. on Sundays. They can save all of the week's news until then.

Turn your phone off while you're studying

Research has shown that constant interruptions lead to substandard work and make it more difficult for students to retain information. Consider leaving your phone in your dorm room before you head off to the library. You can let your parents know in advance that you'll be unreachable, so they won't worry.

Talk to your own professors

Having your mother call the Dean's Office after a bad midterm grade will endear you to no one. Anyone who has ever had an honest chat with a professor knows that there is nothing that irritates them more than explaining bad grades or

Advice

Remember to be kind to your parents

Sending a child off to college is a big transition for many moms and dads. It's important to keep in mind that most parents mean well and want the best for you. Some frank conversations and boundary-setting will make a big difference as all of you adjust to this next phase of your relationship.

class policies to parents. Having a hard time in class? Schedule an appointment with your instructor during office hours or find out how you can get a tutor. Letting your parents take the reins could even hurt you when it's time to ask for letters of recommendation.



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Which college is perfect for you?

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Prepify offers high schoolers free SAT prep and suggests college matches.

With prep courses, summer camps and private tutors, preparing high schoolers for standardized tests is a multimillion dollar industry that can set parents back a fortune even before they start paying for college tuition.

A new free program is setting out to help students who don't have access to the resources that are readily available to their wealthier peers. Prepify is unique in that the program not only guides its students through the SAT, it also connects them with colleges that would be a good fit for them.

"It's really hard for students to filter through the noise when deciding which colleges to apply for," says Eric Burleson, CEO of Prepify. He notes that most high school seniors usually find out about schools by word of mouth and direct mail, which means they might never learn about institutions that would be perfect for them. "We have a student culture map algorithm that helps students find the [right] university,"



Prepify offers SAT prep tests and also helps match students with colleges. / CREATAS

The program

The data testers

This summer, Prepify enlisted 400 students to test their software to look for bugs and to give feedback on how everything is working. The company hopes to have 10,000 students enrolled in the program by the end of the school year. Burleson says Prepify is concentrating on its math curriculum this fall and will introduce an English program later this school year.

Interested in signing up? Email access@prepify.me with the name of your high school or after-school program.

Burleson explains.

The software asks each student a series of personality questions like whether they prefer competitive or team-oriented environments, and whether they would like a purely academic experience or would prefer more extra-curriculars.

"We can then turn to the student and say, 'You are going to fit in here. The chances that you aren't going to fit in are slim,'" says Burleson. "This may be — in addition to the test prep — the most important thing that we are doing. Being able to say to a student 'You belong here.' That's a really powerful thing."



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CULTURE

Talking point

Cult classic

Former teen star Andrew Keegan — remember “10 Things I Hate About You”? — has a new gig as the leader of a spiritual movement called Full Circle that’s totally not a cult. Vice sent a reporter to check out the new religion, based in Venice Beach, California. Apparently, Keegan started the religion after he was attacked by gang members in 2011. Vice’s reporter writes, “While they are cooperative, Keegan is the official leader who has, as [one church member] put it, the ‘ultimate say on all things.’”



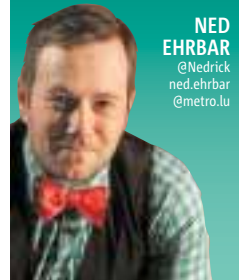
The gloves are off: Lovato admitted she's no longer friends with Gomez. / ALL PHOTOS GETTY IMAGES

Famous BFF fallout

If you're still desperate for some details on why Demi Lovato went and unfollowed former BFF Selena Gomez on Twitter, Bravo's Andy Cohen is looking out for you. During a recent “Watch What Happens Live” interview, Cohen grilled Lovato on the unfollow heard ‘round the world, and although Lovato tried to avoid addressing the topic at all, she finally conceded, “I think it’s just one of those things where people changed and people grow apart.” You hear that, Gomez? You’ve changed. Ball’s in your court.

THE WORD

Ned Ehrbar takes on the world of gossip.



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J-Law dating Paltrow's husband?

Jennifer Lawrence is reportedly dating Coldplay frontman Chris Martin, according to E! News. They've apparently been spending time together since June — even though Martin is still technically married to Gwyneth Paltrow. J-Law, baby, listen: I know you recently re-broke up with Nicholas Hoult and all, but if your only standards for a boyfriend are tall, British and famous,



I could've offered you plenty of other options. Like, I don't know, Peter Mayhew, the guy who plays Chewbacca? I hear he's a very generous lover.



Beyonce and Jay Z just can't catch a break

Amid rumors about marital woes, Beyonce and Jay Z now have one more thing on their plate: A homeless woman, Tina Seals, has filed a lawsuit asking for financial compensation. She claims to be the biological mother of their daughter, Blue Ivy, according to Radar Online. The bizarre handwritten filing states: “Through mutual associates Plaintiff (myself) provided DNA egg for Beyonce and Jay Z and look to work out some type of

contractual agreement with Defendants that: a:) Would compensate me for my services with reference to Blue Ivy Doe. B) Would remove any criminal liability associated with the unlawful use of my DNA for the parties involved. C) Would terminate

Plaintiff Parental Rights immediately and extend full parental rights to Defendants w/o Plaintiff support.” Seals has filed similar suits against Kanye West and Janet Jackson, for what it's worth. This is one DNA test we won't be holding our breath for.



Jay Z is no longer Beyonce's only problem.

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From page to screen

Interview. Author Lois Lowry approves of the long-delayed film adaptation of "The Giver."

The adaptation of the young adult novel "The Giver" has been a long time coming. Star Jeff Bridges optioned the rights for it 18 years ago, but it took years to get all the pieces in place and get it made. Author Lois Lowry says she doesn't mind too much, though: "Oddly, if they had been able to do it 18 years ago, it wouldn't have been as good. Jeff was too young to play the role and now he's terrific in it."

Lowry called Bridges' bond with star Brenton Thwaites "the closest" element in the film to how she imagined it would be when she first wrote the book. One change she likes? The greater role played by Meryl Streep's character, one of the authority figures called "Elders" who clashes with Bridges' Giver character. "She's so good, and it added the element of conflict between Jeff and Meryl's characters, which is not in the book, so it's a whole other level to the movie that I think works very well," says Lowry.

There are other changes here and there, but Lowry says director Phillip Noyce often came to her

with questions about the world of "The Giver," and at least one of her recommendations ended up in the film. He asked how the kids' rooms would be decorated, and Lowry's suggestion of a very practical periodic table of the elements poster appears in Jonah's little sister's room.

The other change she made? While watching the editor at work, she voiced her disapproval of a line, and the next time she saw the scene, it was gone. "It had the phrase 'swirling vortex' in it," she says, laughing. "I thought that was a horrible phrase."



LISA WEIDENFELD
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Brenton Thwaites and Odeya Rush get close in the film "The Giver." / THE WEINSTEIN COMPANY

Censorship

Hitting close to home

The book and the movie focus on the dangers of censorship, a subject Lowry says she's familiar with: Before she wrote "The Giver," she'd dealt with censorship challenges. Despite that, she says people who censor books have good



LOIS LOWRY
GETTY IMAGES

intentions: "They want to protect their children." It's a slippery slope, though. Once "bad" things are taken out of books, good things disappear, too. "If you ... have no pain, no anguish in your lives anymore, you also lose art and music. All of those things that arise out of anguish, it's all gone," she says.



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Box office. 'Turtles' tops 'Guardians' and Stallone again

"Teenage Mutant Ninja Turtles," last weekend's most popular film, collected ticket sales of \$28.4 million to top the U.S. and Canadian box office for a second consecutive week, beating "Guardians of the Galaxy" in a battle of superhero misfits.

"Guardians of the Galaxy" had ticket sales of \$24.7 million at domestic theaters, according to estimates from tracking firm Rentrak.

"Let's Be Cops," an R-rated action comedy starring Jake Johnson and Damon Wayans Jr. pre-tending to be Los Angeles police officers, collected \$17.7 million to open in third, ahead of action film "The Expendables 3," starring Sylvester Stallone and other action stars, which took in \$16.2 million.

"Teenage Mutant Ninja

Turtles," a reboot of the series that began in 1980s comic books, stars Megan Fox, Will Arnett and Whoopi Goldberg. Special effects-loving producer Michael Bay oversaw the film, which cost an estimated \$125 million to make. **REUTERS**

Top 5 earners

- 1 'Teenage Mutant Ninja Turtles' \$28.4 Million
- 2 'Guardians of the Galaxy' \$24.7 Million
- 3 'Let's Be Cops' \$17.7 Million
- 4 'The Expendables 3' \$16.2 Million
- 5 'The Giver' \$12.8 million



Michelangelo just wants to say hello. / PARAMOUNT PICTURES

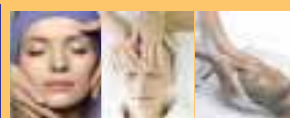
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Q&A KELSEY GRAMMER: ACTION STAR?

The former Frasier says he's a lot tougher than you'd think. You'll have to take his word.

Quoted

"I'm a lot tougher than people think I am. If you know anything about my personal life, you'll realize that." Grammer

Kelsey Grammer is one of several high-profile additions to the "Expendables" franchise for its third outing, and even he understands people might find his inclusion in the '80s throwback testosterone-fest something of a head-scratcher. But, as Grammer tells us, he's actually tougher than people think. "I'm working at the gym. I'm punching people in the streets," he jokes. "All those punch videos you've been seeing? That's me."

This is an interesting choice for you, this franchise. What was your reaction when they first approached you?

Actually they didn't approach me. I had heard there was a role available in "The Expendables." I didn't know what it was, I didn't know how it was going to play out or what the requirements were, but I knew if I pushed a little bit, maybe their imaginations would say, "Oh. Kelsey Grammer. OK, that's a surprise." I'm a lot

tougher than people think I am. If you know anything about my personal life, you'll realize that. [Laughs]

Is doing an action role something you've been looking to do?

Oh, I'd love to, I'd love to do it. And who knows, it may happen, it may not. But being in this film was a complete joy for me. And Bonaparte is a terrific character. He's just a guy who used to be in some kind of mercenary world and stepped away and is a procurer, basically, now. He puts together teams and he's been making some pretty good money at it. It was really fun to play, and we kind of just hit on this sort of Hemingway, broad-shouldered kind of guy who is in the background now a little bit. But my hope is if we do another one, Bonaparte gets to don the military motley. [Laughs] So to speak.

That Hemingway-esque, life-on-the-road type seems fun.

Yeah, [he's the guy] who lives big, has lived a big life — and believes in things that some of us believe in still about courage and about taking a stand, being in the fight. I'm one of those guys. A man's man.



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Kelsey Grammer plays a former mercenary in "The Expendables 3."
GETTY IMAGES

Big vs. small screen

How does the breakdown of divisions between the film and TV worlds look from the perspective of someone who's been so successful on TV?

In England, you can go from television to film to stage seamlessly. Nobody has an issue. In America, we tend to put people in these pockets. It was always my dream that I would break the bonds of "Frasier" at some point and have a chance to play some other roles. I think "Boss" helped that, and people went, "Oh wow, I had no idea." Because they never do. So you have to show them. I did another comedy in England in the spring called "Breaking the Bank" that's about a British guy, and of course everybody there said, "I had no idea he was British!" [Laughs] Well, I'm not. I'm an actor. So that's where we are, we're still trying to convince people that actors are actors, and we'll be OK.

TV watch list



The final rite of passage in high school is wearing a funny hat and a brightly colored toga and then having your picture taken repeatedly. / ABC FAMILY, KELSEY MCNEAL

DRAMA

'Switched at Birth'

The switched at birth babies are all grown up and preparing to graduate from high school. Is it awkward to ask which sets of parents will be paying for college? **8 P.M., ABC FAMILY**

MOVIE

'Gladiator'

Travel down memory lane

back to 2000 and watch Russell Crowe's famous action film, then annoy your friends and relations by asking them "Are you not entertained?" **8 P.M., A&E**

REALITY

'America's Next Top Model'

Season 21 starts off with 31 hopefuls striving to become top models. Both men and ladies will be competing, but we're still thrown by the fact that there have

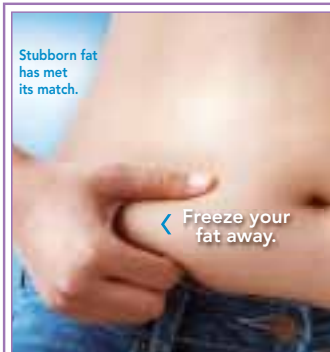
been 21 seasons of this show. **SEASON PREMIERE, 9 P.M., CW**

COMEDY

'The Chelsea Handler Show'

Sia will be performing and talking to Chelsea. Does this mean her face will actually be on camera? She usually manages to keep it covered, but maybe Chelsea can coax her out. **11 P.M., E!**

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Gadgets

We're always carrying a cellphone, and likely either a laptop or a tablet; at home a TV set is waiting for us, and in case of hunger we switch on a microwave. But these common gadgets can affect an estimated 15 percent of people who have increased sensitivity to electromagnetic fields. Other wireless technologies like Wi-Fi and Bluetooth could also pose an issue.

5 Surprising allergies

An 11-year-old boy was recently treated at a San Diego hospital after he developed a rash from an iPad. In trying to solve what caused the tech-related allergic reaction, doctors concluded that nickel in the tablet's casing was the culprit. Metro highlights other peculiar allergies from everyday items.

Money

Some substances used in the manufacturing of coins and paper money can affect your health. For example, coins used in Australia and the U.K. — and even some in the U.S. — contain a small amount of the metal nickel, which can trigger a rash. But unless you're working as a cashier, it likely won't affect you.



ALL PHOTOS COURTESY OF CLIPART



Shoes

Watch what you wear! Even leather shoes can trigger a reaction. The shoe manufacturing process can involve a lot of chemicals, including adhesives, dyes and

tanning agents, so you can easily get a rash if your skin is sensitive. To avoid problems, wear cotton socks or buy shoes made from all-natural materials that use stitching instead of glue to bind the sole to the upper.

Deodorant

For stability and scent, manufacturers of this hygiene item use more than 30 ingredients: essential oils, alcohols, preservatives, etc. Each of these components could potentially cause inflammation of the skin or even internal organs. The good news: Ingredients vary widely, so try different brands.



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Ebola not a threat to US

Containing the contagion. There's optimism about stopping the virus.

Though the worst outbreak of Ebola since its detection in the 1970s is not yet contained, and over 1,000 have died, there's reason to be hopeful.

There is no confirmed cure for the deadly disease, but Dr. Kent Brantly, one of two medical missionaries who underwent an experimental treatment this month after becoming infected, released a statement last week saying that he is "recovering in every way." The World Health Organization has endorsed the use of experimental drugs to combat the disease, though supplies are limited.

The group also issued a statement to quell growing concerns about the potential for Ebola to spread via air travel.



The Ebola epidemic has spread to four West African countries, with Liberia now having the most deaths. / GETTY IMAGES

Dr. Robert Amler, dean of the Institute of Public Health at New York Medical College and a former chief medical officer for the Centers for Disease Control, called the chances of Ebola spreading aboard planes small. "The disease is not highly contagious among people who have

casual contact," he said.

Ebola can't be transmitted through the air like the flu, nor is it a food- or water-borne illness. It can spread only through "very, very direct contact" with the blood and bodily fluids of an infected person.

"If someone is not sick, they're not conta-

Containment

Help is on the way

The CDC has dispatched a team of experts to help local health authorities in Africa, which makes Amler optimistic. "That's a very positive development, because the science of disease control, just like the laws of physics, doesn't change much from one continent to another. We can expect that the disease control measures, once put in place, will be effective."

gious; and if they are sick, they're going to be too sick to travel," he said. "Even if they wanted to travel, the airlines are not going to board someone who is obviously very sick."



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PLANNING YOUR NEXT MOVE? NEGOTIATE

There's a point in every career when an employee is going to have to negotiate either a job offer or a raise for the first time. Because most people aren't born negotiators, many workers end up making only a fraction of what they are worth.

While some people are afraid to negotiate their salary, it is actually a sign of professionalism — because it shows that you're serious, intelligent and value your expertise. Here are my top negotiation tips:

Do your due diligence

1 Sites like Salary.com and PayScale.com are great ways to find out the salary range of a particular position. Also remember to speak with your industry mentors to discover what amount you should expect and how much you might be able to increase it by. It's important to collect all of this information before entering the negotiation process. That way you're equipped to respond to any pushback.

Use data to justify the increase

2 If you want to earn more, you have to be able to prove the value of your

By the numbers

31%

Percentage of people who say they always negotiate their salary after receiving a job offer, according to a survey by Salary.com

20%

Percentage of people who say they never negotiate during the job interview process, according to the same survey



Two out of 10 people say they never negotiate during the interview process. Don't be one of them. / INGRAM PUBLISHING

Jobs Advice

DAN SCHAWBEL

DAN SCHAWBEL.COM

Dan Schawbel is a workplace expert, keynote speaker, and author of the New York Times best-selling book, *Promote Yourself: The New Rules for Career Success*.



contributions. If you're in sales, keep good records of all the deals you've closed and the amount of total revenue your work has generated. In marketing? Now is the perfect time to talk about the number of leads you've generated

through your various campaigns and then how many of those leads were closed by the sales team. The key thing is to show your boss that it makes more sense for the company to pay you more than lose you to their competition in the future.

Always try to have multiple offers

3 Whether you're a job seeker or employee, you should aim to have several job offers so that you can use them as leverage. The more offers you have, the more negotiating power you have and the more insight you have into how much you are valued in the marketplace. If you get an offer, that doesn't mean you should stop interviewing. And if you're an employee, you should still be interviewing from time to time to ensure that you're earning what you are worth. Don't become complacent — a new opportunity could be waiting just around the corner.

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Find work-life balance. Turns out vacations are good for your health

Have you heard the expression "Work hard, play hard"? In most workplaces, it may as well be "Work harder and then work some more."

Each year, thousands of Americans fail to use all of their allotted vacation time — resulting in what one Expedia study said was 557 million unused days going to waste each year.

But what about workers who never go on vacation? Are they really unhappier than those who do? The answer, according to new research, is yes.

A new study out of Sweden found that people who returned from



A little rest and relaxation goes a long way. / PHOTODISC

By the numbers

557M

Number of vacation days unused each year by Americans, according to a study by Expedia.

vacation were not only happier and more relaxed when they returned back home, but that happiness also spread to others, creating a wave of joy, if you will. The researchers examined the monthly antidepressant usage of Swedes between 1993 and 2005. They found that the number of prescriptions exponentially dropped when more people were on vacation.

It should be noted that here in the United States, there is no national vacation policy, making it the only developed country in the world without such a mandate. **LAKSHMI GANDHI**

Horoscope

♌ Leo | July 23-Aug. 22.
You will make lasting connections. Strong communication skills will help you assume a leadership role.

♍ Virgo | Aug. 23-Sept. 22.
Don't feel obliged to have a discussion about money if you're not in the mood. Go over any accounts carefully.

♎ Libra | Sept. 23-Oct. 22.
Do something that will exhilarate you physically and challenge you mentally. Taking your mind off your everyday routine will help you adjust the way you move forward.

♏ Scorpio | Oct. 23-Nov. 21.
You may have been putting it off, but sooner or later you will have to scrutinize your cash reserves. Look for a way to maximize your investments.

♐ Sagittarius | Nov. 22-Dec. 21.
You will be unnerved by an emotional encounter. Stay in control and defend your position.

♑ Capricorn | Dec. 22-Jan. 20.
It's time to firmly establish your professional course of action. Put your talents to good use. Your hard work will be wasted if you are not aggressive.

♒ Aquarius | Jan. 21-Feb. 18.
Enhancing your appearance or getting in shape will help increase your chance to get ahead. It's how you present.

♓ Pisces | Feb. 19-March 20.
Revisit dreams that used to excite you. Doing so will help provide the incentive to make changes to your earning power.

♈ Aries | March 21-April 20.
It's a good day to plan an event. Get family together for a picnic or barbecue. A potluck dinner will ensure that you don't end up doing all the hard work.

♉ Taurus | April 21-May 21.
Feeling nostalgic for old friends and days gone by will get you in the mood to reunite with people and places from your past.

♊ Gemini | May 22-June 20.
It may seem as if everyone wants a piece of you today. Let them know tactfully that you have your own matters to take care of.

♋ Cancer | June 21-July 22.
Someone may be trying to conceal important information. Be alert to unusual meetings, and consider the motives of one who is pressing you. **EUGENIA LAST**

Sudoku: Easy and hard

			9			2	
	1	7	2	4		5	
3		4			5		8
			4				6
7		6		8		1	2
1					6		
5			1			6	7
		1		5	3	9	2
		8			2		

		7		2		3	
			3	5	1		
		3	4	6			8
		5			4		3
3			6	8	5		1
	4		7			8	
2			1		9	6	
			5	6	7		
		1		4		9	

How to play

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Bee proactive

In honor of Honey Bee Day, which was Saturday, we should honor pollinators critical to our food system by urging President Obama and his agencies to create the best protections possible for the nation's bees. One of the most critical steps they can take is to restrict the use of pesticides called neonicotinoids, a driving force in bee declines. Bayer, Syngenta, Monsanto and the rest of the pesticide industry will continue to try and confuse the science and the discussion about what needs to be done, but the reality is that we can't afford to wait around while these pesticides further contaminate our air, water and soil.

JAN-PAUL ALON, VIA EMAIL

Police reaction is over the top

I am outraged that Missouri police provoked a riot in the protest over unarmed black teen Michael Brown's death. Having overly aggressive, heavily armed, military-gear police along with armored trucks out on the streets was a over-handed attempt to intimidate people justifiably upset over the senseless death. It was the Constitutional right of people to assemble in groups to protest regardless of what time it was.

KEVIN VALENTINE, VIA EMAIL

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Crossword

Across

- 1 "Forrest —"
- 5 Large tanks
- 9 Fictional collie
- 12 King beaters
- 13 "Take — —!"
- 15 Vegas game
- 16 Euripides opus
- 17 Wish granter
- 18 Hockey goals
- 19 Private place
- 21 Flat land
- 23 Cultivates
- 24 Business abbr.
- 25 More indolent
- 28 Crashes the party (2 wds.)
- 33 Guinness and Baldwin
- 34 Elevator name
- 35 Trucker's rig
- 36 Highchair attire
- 37 Decree
- 38 Push to the limit
- 39 Pod veggie
- 41 Watermelon source
- 42 Estimate
- 44 Arranging for
- 46 Walked haltingly
- 47 Yahoo! rival
- 48 Caesar's garment
- 49 Accents
- 53 Gave a hard time
- 57 Not easily found
- 58 Jack London setting

- 60 Triangle part
- 61 All-purpose vehicles
- 62 Paris school
- 63 Verve
- 64 "— Te Ching"
- 65 Made tracks
- 66 Mo. bill

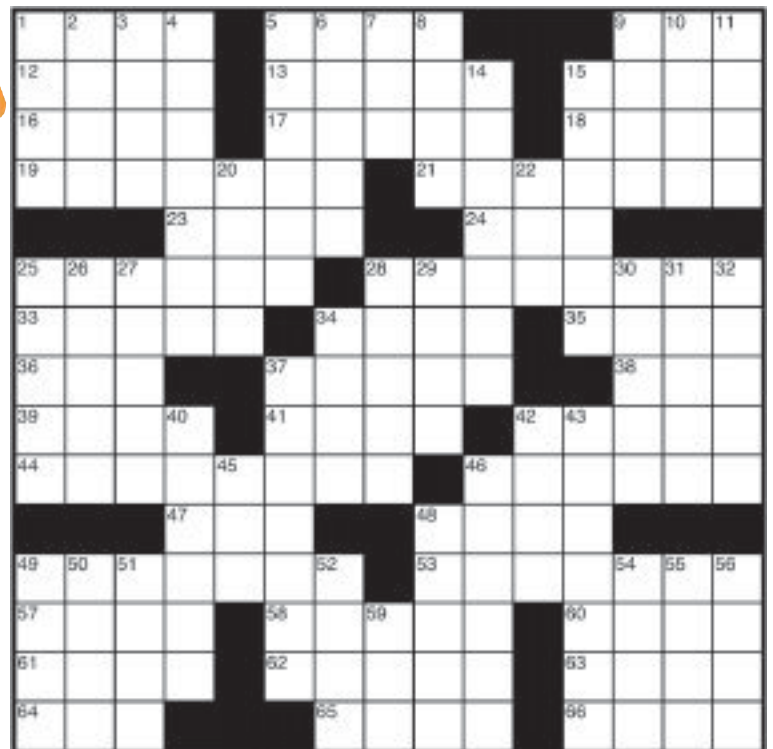
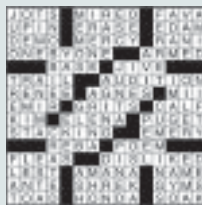
Down

- 1 Breaks
- 2 Stanford rival
- 3 Be sincere
- 4 Clairvoyant
- 5 More fuzzy
- 6 Attention-getters
- 7 Nonrusting metal
- 8 Leave out
- 9 Sly look
- 10 Opposed
- 11 Prescription info
- 14 Most uncanny
- 15 New York cagers
- 20 Sandals' lack
- 22 Miscellany
- 25 Cabinet post
- 26 Equally
- 27 Gridiron ref
- 28 Undercover job
- 29 — and easy

- 30 Layout
- 31 Campaign issue
- 32 Turned down
- 34 Norse Zeus
- 37 Whammy (2 wds.)
- 40 Maxims
- 42 Rock-band bookings
- 43 Gathers up
- 45 Thou, today
- 46 Granted a mortgage
- 48 Oar pin
- 49 Dry, as champagne
- 50 Pro — (in proportion)
- 51 Hydrox rival
- 52 "No — luck!"
- 54 Cheerful tune
- 55 Holland export
- 56 Parking-lot mishap
- 59 Colorful carp



Weekend's answer



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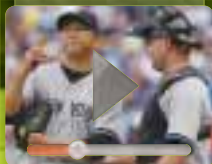
Florida State favored

First poll has FSU on top

The preseason Top 25 poll came out Sunday afternoon, and Florida State was ranked No. 1 with 57 of 60 first place nods from AP voters. With the first ever four-team playoff on the horizon this winter, the Top 4 is even more important this season. It's rounded out by Alabama, Oregon and Oklahoma, respectively.



Watch online



Find video and recap of yesterday's Yankees-Rays and Mets-Cubs games at: Metro.us/sports.

Things we learned during Giants-Colts

NFL. The Giants picked up a late win, but that doesn't mean everything was smooth sailing.

The Giants rallied for 27 points in the fourth quarter to beat the Colts, 27-26, in their third preseason game. But it was mostly what happened in the first half which will prove to be of interest going forward.

New York has had an extra week to get comfortable in offensive coordinator Ben McAdoo's new scheme, but the same old story remains. Eli Manning and crew just look lost.

Next week's second-to-last preseason game against the Jets will be the final dress rehearsal for Week 1, with the final preseason game traditionally a chance to rest anyone who matters. In other words, time is very quickly dwindling for the first-team offense to get things right.

Metro takes a look at three things we learned from the Giants' contest in Indianapolis.



MARK OSBORNE
@MetroNYSports
mark.osborne@metro.us



MANNING FACE WAS OUT IN FULL FORCE SATURDAY.
ALL PHOTOS GETTY IMAGES

1 Manning is a mess

Giants signal caller Eli Manning didn't just look bad against the Colts, he looked downright awful.

Last week's odd 0-for-2 performance probably said more about McAdoo's play calling than Manning's comfort in the offense. But Saturday night's 1-for-7 outing, with no scor-

ing drives, was scary. And it was even worse than the statistics indicate.

The only drive Manning moved the ball came late in the first quarter. But that drive looked like it ended on an under-thrown ball picked off by Darius Butler, only to have it called back on a questionable illegal contact penalty away from the interception.

Manning finally got to take a deep shot on the

same drive, and Victor Cruz came down with it on the best-looking throw Manning has had all preseason. Of course, Cruz fumbled and the play was nullified by another defensive holding call.

Manning should play into the second half against the Jets. If he doesn't look solid against a good Jets defensive, it's officially time to start panicking for Week 1.

Kennard in charge

The Giants are going to have a good problem on their hands when linebacker Jon Beason returns from injury.

The team really appears to have found something in rookie Devon Kennard. The fifth-round pick from USC has earned rave reviews all training camp and he showed a lot of why on the field Saturday night. He finished with five tackles, one sack, one tackle for loss and a QB hit.

He was all over the field, especially when he was allowed to play close to the line and cause havoc in the backfield. At



KENNARD LOOKS LIKE A STEAL FOR THE GIANTS.

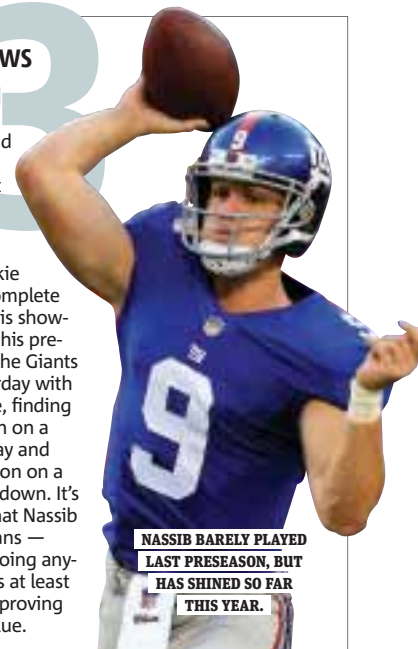
6-foot-3 and 250 pounds, he's as big as a defensive end, but as mobile as an outside linebacker.

The Giants will likely have to rotate Kennard and Jacquian Williams on the outside once Beason returns, but that means both guys should be fresh into the fourth quarter. Williams also looked good against the Colts. He led both sides with nine tackles in the game.

3 Nassib shows something

The fourth-round selection of Ryan Nassib last year has always been a head-scratcher.

Nassib's rookie season was a complete loss, but he is showing something this preseason. He led the Giants to the win Saturday with an 86-yard drive, finding Adrien Robinson on a fourth-down play and Corey Washington on a jump ball touchdown. It's tough to say what Nassib developing means — Manning isn't going anywhere — but it's at least nice to see him proving he has some value.



NASSIB BARELY PLAYED LAST PRESEASON, BUT HAS SHINED SO FAR THIS YEAR.

Secondary prayers

Jets vs. Bengals: Three things we learned

The Jets looked over-matched early, but they rallied for a 25-17 win over Cincinnati to improve to 2-0 this preseason.

And while there are certainly plenty of worries, New York looked improved from its narrow victory over the Colts a week ago.

Most eyes have been on Geno Smith and Michael Vick this preseason, and both quarterbacks looked solid. It appears highly

unlikely Vick can unseat Smith as the starter, as the so-called competition has always been tilted heavily in favor of the incumbent. But if Smith is going to win the starting job by default, it's at least nice to see the second-year signal caller looking improved from a season ago.

Metro takes a look at what else we learned Saturday, outside of the quarterback battle.

1 Corner conundrum
The banged-up secondary for the Jets met a talented



THE ADDITION OF CALVIN PRYOR ALLOWS ANTONIO ALLEN TO PLAY THE CORNERBACK POSITION.
GETTY IMAGES

Bengals receiving corps. Score this one a first-round knockout for Andy Dalton and company. The Bengals QB finished 8-of-8 for 144 yards and a touchdown as he systematically picked apart the defense. With cornerbacks Dee Milliner, Dimitri Patterson and Dexter McDougle all out, the patchwork secondary never stood a chance. Kyle Wilson was abused by Mohamed Sanu.

2 Pryor commitment
There was one good sign in the secondary, however. First-round

pick Calvin Pryor got his first action after dealing with a concussion much of training camp. He lived up to the hype, finishing with seven tackles (one for a loss), two pass breakups and a fumble recovery.

3 On the run
Whether Smith or Vick starts, offensive success will be determined by the running game. Chris Johnson showed why he was such an important signing after a quiet debut. He finished with 10 carries for 63 yards. Bilal Powell also looked good. **MARK OSBORNE**

MLB. Yankees finish road trip with victory

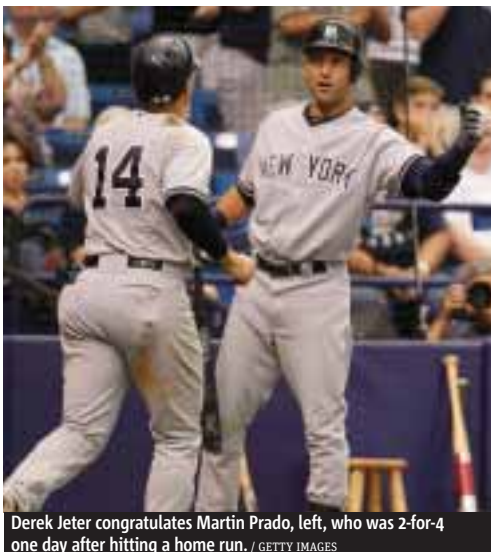
The Yankees salvaged a brief road trip that began with three straight losses by beating Tampa Bay for the second straight time Sunday.

Hiroki Kuroda improved to 8-8 on the season with the 4-2 victory. He allowed two runs over 6 2/3 innings. But he had just one strikeout, the fewest of any start this season.

The Yankees scored their first three runs in the fifth inning despite starting off with two

quick outs. Stephen Drew walked, and Martin Prado continued his hot hitting from Saturday with a double and run scored on a Brett Gardner hit. Jacoby Ellsbury then got his first hit of the road trip to drive in Gardner. Mark Teixeira homered in the eighth to provide some insurance.

The Yankees host Houston beginning on Tuesday at 7 p.m., followed by a weekend series with the White Sox. **METRO**



Derek Jeter congratulates Martin Prado, left, who was 2-for-4 one day after hitting a home run. / GETTY IMAGES

Cubs 2, Mets 1

Mets squander Montero start due to Castro home run

Rafael Montero deserved more than the Mets ended up delivering him.

The highly touted rookie made his second start since returning to the majors and went 7 1/3 innings and allowed just one run.

But closer Jenry Mejia, pitching in a 1-1 game, gave up a home run on the first pitch of the ninth inning to Starlin Castro which proved to be the



MONTERO WILL LIKELY RETURN TO LAS VEGAS.

GETTY IMAGES

difference in the 2-1 loss.

Curtis Granderson had driven in the game-tying run on a single with two outs in the previous inning.

Jacob deGrom is expected to take back his spot from Montero next time through the rotation. **METRO**

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The U. S. Postal Service has scheduled a public meeting to be
held on August 27, 2014 at the YMCA of Greater New
York/Harlem – Jackie Robinson Youth Center, First Floor
Gymnasium, 181 West 135th Street, New York, New York
beginning at 6:00 pm. The Postal Service will present plans it
is proposing for the relocation of the retail services from the
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#26

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■ **Last couple of years I tried everything.** Results with Bell Skin Disorders #60 were unbelievable. I have beautiful skin again. Thanks for giving back my self-esteem. *Nelisa Royer, 28, Doral, FL* ■ **My mom bought Bell #60.** I was skeptical. It did work quickly and better than anything else. *Christopher Seraphin, 14, Brooklyn, NY* ■ **It worked.** I no longer have to hide at home, because I was ashamed to be seen. *Agnes Casillas, 60, New York, NY* ■ **Can wear again dresses** that are backless. My skin looks fantastic. Thank you from the bottom of my heart. *Yvette Maclean, 40, Lodi, CA* ■ **I was trying everything for years** and nothing worked. I felt physical and emotional pain having to hide. Finally I found your Bell #60. I'm so grateful and impressed about how fast it worked with amazing results. *Eulalia Isabel Sanchez Martin, 30, Brampton, ON* **Skeptics can call everybody. All are real people like you or your friends.**



#23

SNORING?

As recommended by Dr. Gifford-Jones M. D.

Here is proof that snoring can be corrupting your health and your marriage. Three out of 10 couples are considering divorce because of snoring says a major magazine article. You are not alone! An official survey says 48% of all people snore. 75% are affected, if you add non-snoring husbands that have snoring wives or vice versa. Snoring is caused by slack muscles in the throat. A common complaint is that people feel that they are not well rested in the morning. Many people wrote they are now sleeping like a babies. Their partners are delighted. This natural health product Sound Sleep #23 usually helps the first night. No side effects.

■ **College professor had lack of good sleeps with many interruptions** for last 8 years that made her tired during the day. Within 3 days taking Bell Sound Sleep #23 the terrible snoring stopped. I wake up feeling refreshed and energized. I can concentrate in a focused, happy manner. I feel delighted with this natural product. *Dr. Anele E. Heiges, 77, New York, NY* ■ **A life changing product.** The very first night I took the capsules and every night after I had a restful and wonderful sleep. It has been a God send and blessing. I am by nature a skeptic. The money-back guarantee convinced me to try it. *Jimmy Pay, 53, Gardendale, AC* ■ **3 Years on Bell Sound Sleep #23.** My wife and I are entirely satisfied. Snoring episodes have completely disappeared. This has improved our lives enormously. *Leo Fortin, 60, St-Georges, QC* ■ **Basically you saved my husband's life.** For the last 5 years my husband had very bad nights. Bell #23 was nothing short of a miracle. I have my husband back. No more snoring. No more napping during the day. I am telling all our friends. *Bonnie Johnson, 64, Wichita, KS* ■ **My life changed. Sleep now 7-8 hours.** I am a retired college professor and author of books. I have no more need to nap during the day. Nothing I tried helped until I started Bell Sound Sleep. I am so delighted with this product I would like to make motivational speeches to help others. *Carmen V. Caruso, 66, Ann Arbor, MI* **On the Bell Website we list phone numbers or email addresses of actual users of this product and all other Bell products. Most are delighted to talk about their relief.**